

A CAMPAIGN OF EDUCATION

For The Benefit of The
General Public

Being Made By The State
League of Post-
masters.

When you address a letter see that you spell the name of the town correctly. Many postoffices have similar names. Don't write Lou for Louisville.

When you address a letter or card leave room for the stamp and postmark in the upper right hand corner. Postmarks often blur your address.

Do not put writing in newspapers or packages; if you do the matter becomes first-class mail and you must pay letter postage—two cents an ounce, or you are liable to a fine of \$10.

Written or typewritten letters placed in unsealed envelopes are subject to the same rate of postage as when sealed—two cents an ounce.

Post cards in transparent envelopes will go at the rate of one cent if unsealed provided there is nothing more than the address of the one to receive it and the name of the sender. Stamp must be placed on envelope and not on card when enclosed in transparent envelope.

Post cards containing writing and enclosed in transparent envelope, whether sealed or unsealed must bear a two-cent stamp and the stamp must be placed on the envelope instead of the card, and if there is a stamp on the card the envelope must be sealed.

Send money by post office money order, for it is sent in this manner, if lost in the mails the Post Office Department will issue you another order.

Send valuable papers or merchandise by first-class registered mail, for the Post Office Department will make good any loss in the mail not exceeding \$25.00.

Patrons of post office can get better service by sending a box which costs only 15 cents for three months. If you have a box the Postmaster's work is lightened, and your mail is not handled or looked over like it is in the general delivery. The Post Office Department makes great conveniences for you, so do not hesitate to help in return.

When you mail a letter or package use first class it is substantially done up. The rapid handling of the mails sometimes destroys a poor envelope or covering of a package, and your name is lost.

You should put your name and post office on the package and if not delivered it will be returned to you, but you will have to repay the postage (unless it is first-class).

When you move to another post office notify the Postmaster of your former post office to forward your mail and notify the publisher of your papers that you have changed your post office.

Letters from the pension agency can be delivered only to the person to whom addressed or to some member of his or her family especially authorized to receive the mail.

If you have a friend visiting you, have on it your return card if it is.

Use an ordinary size envelope and have on it your return card; if it is not delivered it will be returned to you, as to the Dead Letter Office, as thousands of letters do. Best use the Government stamped envelope. You can buy twenty-five good envelopes with the two-cent stamp on them for 54 cents and with the return card printed on them.

If you receive a letter by mistake and it is not yours, don't open it, but return promptly; and if you do open it, write on envelope "opened by mistake," and sign your name.

Rural delivery patrons should buy and keep on hand some stamped envelopes and postal cards and some one and two-cent stamps. Encourage your children to write letters and send post cards to friends; it is a cheap way to educate them.

Don't get mad and say mean things about your Rural Carrier or Postmaster if they sometimes make a mistake (they are human).

See that your mail box is kept in good condition. Oil the hinges when they need it, and if they are not convenient for the carrier to drive up to, change them. If you must put money in mail box for stamps put it in an old envelope or receptacle.

Don't put packages in your mail box for the carrier to deliver to some one else on the route free. It requires postage.

Deposit your letters and cards crossways of box and not lengthwise. It is easier to collect. If you want to

get and send your mail quick, you should help a little. You should address your own mail and also make out your money order applications.

Rules for Pure Ice Cream.

Dr. Harvey W. Wiley the Government food chemist, has found a new vitamin for his spoon. This time it is the vitamin ice cream. In his paper on the subject Dr. Wiley says:

"Inasmuch as ice cream is prescribed frequently by physicians for invalids and convalescents and inasmuch as it is largely eaten by children and others who stomachs have not full vigor, a definite idea of its composition is necessary to prevent injury and abuse. Genuine ice cream is an article of diet that should be consumed in moderation, not only by the sick, but by the well."

Dr. Wiley has prepared a set of standards for ice cream makers, and this is issued by the Department of Agriculture. Under the law it is forbidden to use eggs, corn, flour or starch, or mucilaginous bodies to make the ice cream firm. The law also provides that ice cream to be sold as such must contain 14 per cent. of butter fat for vanilla flavor and 12 per cent. for fruit flavors and that all thickeners glucose and artificial colors or ingredients must be eliminated.

THRILLING AND REMARKABLE FEAT.

Of Man Who Crossed Africa
Alone To Escape
Prison.

Adventures as thrilling as those of the prisoner who escaped from Devil's Isle ended last week, when John Creswick, an alert determined looking man of 40 appeared in the dock at Bow Street London.

Creswick was sentenced to six years penal servitude in Rhode (sic) for forgery and was placed on a train at Gwelo for removal to Salisbury. He was guarded by a number of men, his ankles were manacled and it seemed impossible that he could escape.

During the early hours of the morning he eluded his guards and reached the back of the train. The train was traveling at a rate of 20 miles an hour at the time, but without hesitating he jumped off and landed uninjured on the rough track.

His disappearance was not discovered for some time, and although his movements were impeded by his chain of ankles he was able to reach a place of safety.

His first necessity was to rid himself of his iron. This he accomplished after many attempts by breaking the steel rivets with pieces of rock.

Even then his plight was little better, for he was in imminent danger of dying from hunger or being killed by lions. By an extraordinary chance he met a friend, who gave him a rifle and ammunition and lent him some money.

Creswick decided that his best chance of escape was to reach the port of Boma, in the Congo Free State, and he set out on a fifteen-hundred-mile walk across Africa. For five long months he tramped through the heart of the continent, living on animals and birds he killed with his gun.

At times he was on the verge of starvation, he underwent many privations and his escapes from death were countless but at length he reached Boma. Here he exchanged what was left of his prison dress for a pair of grey trousers, a striped jacket and a cotton shirt, and booked his passage by a steamer to Antwerp.

From Antwerp he traveled to London, where he thought it was impossible that he could be recognized. He was walking in Leaden Street White Chapel, on Friday afternoon when he was stopped by Detective Inspector Becher.

"I believe you are John Creswick," the inspector stated, "and that you escaped from custody in Rhode (sic)."

"Oh, no," Creswick replied.

"The man I want has the Prince of Wales feathers tattooed on his arm," said the inspector. "Let me look at yours."

"You are right Creswick admitted."

"I am the man."

After his arrest he told the whole story of his adventures. He was remanded at Bow Street on Saturday in order that the authorities might decide how they will deal with him.

New Millinery Establishment.

Mrs. I. A. Lee has recently opened a splendid line of Millinery at Cromwell, where she will be pleased to serve all customers with the very latest patterns in hats and everything pertaining to her line at the most reasonable prices. Call and examine her line before purchasing elsewhere. No trouble to show or try on hats.

THAT STATUE ON THE DOME.

Most Symbolical But Least
Appreciated

It Is "Armed Liberty," and It
Stands as Jefferson Davis
Fixed It.

Armed Liberty, the magnificent statue that crowns the dome of the Capitol, is by far the most symbolic of all the statues in Washington. Beautiful and reposeful, yet with an air of vigilance it is perhaps the least appreciated of the city's statues possibly because of its being placed at such an altitude that it cannot easily be studied. The original plans of the Capitol called for a statue to surmount the dome, but no title was then given it and although more than half a century has elapsed since its erection comparatively few people know the real name of the statue.

Seeking this information a Post reporter interrogated a number of persons whose daily occupations keep them almost constantly beneath the shadow of the great statue. To the question, "What is the name of the statue above the dome of the building?" came these widely different opinions.

"The name of that statue? Why, it's the Goddess of Freedom."

"Yes I can tell you the name. It is the Goddess of Liberty."

Several declared it to be the statue of Independence. Others said, "It is an Indian woman."

"It is the God of Justice and Freedom," declared a portly man in a tone that defied questioning.

"It represents an American woman, but I am not sure of her name."

"Well now, I never inquired what lady that statue commemorates," remarked a politician from a not very distant state, "but it is a fine work of art."

"It is a statue of the God of War, Mars."

"Can you tell me something about that statue above the dome?" was asked a man whose knowledge is well known.

"Why certainly. It is a woman of colonial days. Can't you see the tricorn hat around the mantle and the curls about the face? And the features are definitely molded. You see, I have studied the model at the museum. It surely is a woman. I think you can safely say it is an American woman."

One who always tries his best to help others said: "Now all statues, as you know, bear the names of the people they represent, and if you will just step over to the library of Congress I think you can easily find some book on statues that will tell you all you want to know. It is a woman. I am sure so look for the female statues."

A younger member of the House replied to the question about the statue, most suavely and confidently: "It is the god of progress you know his name. Several of the colored men in the various parts of the building were nearly all quite sure it was the goddess of freedom. One of them knew the year, 1863 when it was placed above the dome and he affirmed, it is the goddess of American Liberty before the war."

"You want to know the name of that statue? Well, just wait a minute and I will get it for you first hand," and a most accommodating guide passed into the Senate chamber. Directly he returned.

"That is a statue of Pocahontas." Every one had a different name for the statue not one giving the real name Armed Liberty.

The statue was modeled by Thomas Crawford, father of the novelist, the late F. Marion Crawford. It was cast at a Maryland foundry. Jefferson Davis was Secretary of war when the model was first presented in the War Department. The statue then wore a liberty cap and carried a bundle of rods. Davis objected to the liberty cap as being emblematic of emancipating the functions of the Roman dictator, had lost its symbolic character. Because of these criticisms of Secretary Davis the model was changed, and "Armed Liberty" was evolved.

The statue is nine feet six inches tall and weighs 14,985 pounds. It was put in place of December 2, 1863. The head is thrown back and adorned with eagle's beak and plumes. The right hand rests on a sword and the left holds an olive branch and a shield. The mantle is gracefully draped and is held by a brooch, bearing, "U. S." on its face. The helmet is encircled with stars. The supporting globe bears the legend "E. Pluribus Unum."

What it Costs to Be Born, Live and Die.
It has remained for Yankee ingenuity

to estimate what it costs a man to live from the cradle to the grave.

A Boston man, after long and painstaking research, has discovered that it costs \$1000 a year for the average well-to-do American citizen to maintain himself from infancy to old age. He generally lives sixty-two years, and when the final balance has been struck it is found that he has paid \$62,000 for the privilege of being born, living, and dying in the United States.

In the early part of his life somebody else, usually his father, pays this expense for him. But as he grows up and rears a family he pays this all back, and more for the care of his parents and the rearing of children. So that the rule holds good that a man pays the expense of his own birth and rearing.

Of course all Americans do not live up to this thousand-a-year standard. The pauper who begins his days in the workhouse and ends them there at 80—for those who depend upon the efforts of others for their support generally do it as long as they can—even he costs at least \$12,000 to clothe and house and feed.

The one who spends most of his life in prison costs more because he has to be more securely housed, and because the cost of catching and convicting him must be added to the cost of keeping him.

Even the nomadic hobo costs not less than \$100 every year he lives his wasted life. He spends little if it is true, upon clothes or lodging on anything else—but if all the goods that he gets by begging, bullying and shuffling be added up together with the expense entailed in recenting him from getting more and in moving him from place to place, it will be found that his life from first to last entails the expenditure of a sum which, if expended at his birth, would have procured him an annuity large enough to have maintained him decently.

The question may be asked whether in view of these facts it would be worth every individual either at his birth or on reaching the age of 21, a sum equivalent to the estimated cost of the particular life.

It may be suggested, that the pauper's expectation of life at birth being forty one years, and the cost of keeping \$150 a year the estimated cost of his whole life would be \$6,000—a sum which would purchase life annuities for two paupers instead of one. The great objection to this plan is that every American boy expects to be a millionaire and not a pauper, so he would indignantly reject any pauper allowance.

If you could have borrowed in babyhood the \$62,000 which you will have spent in maintaining your existence, you and those dependent on you would be much better off than you are. In short we could all wish that we had come into the world with a few thousand dollars in our pockets—at the expense of other people—and the expense of other people—and the idea of the government acting as fairy godmother to every American baby undoubtedly has attractions for those of us whose fathers omitted to pile dollars for benefit.

These computations do not cover the millionaire class. It now costs these scholastic American nobility \$1,000 a week from youth to age. At the age of 60 this would amount to the sum of \$3,000,000.

As to what it costs the American girl and woman to live no exact statistics are as yet available. But on the whole, it does not vary much from that of a man moving in the same rank of life.

It is one of the essential characteristics of a civilized community that its members are mutually dependent upon one another for the means of existence. Even the agriculturist who grows his own food and whose wife spins and weaves the materials of clothing—even he can not live upon his own labor unless he has a surplus.

The man who lives in the center of commercial life is forever taking money from one set of men and giving some or all of it to another set. Fortune is indeed if the dollars come in a little faster than they go out; for they are hardly got and too easily spent.

It costs money to come into the world—for the doctor and nurse have as much right as the baby to a living. Nature ordains that a man must eat to live, civilization ordains that he must pay to eat.

The law and the climate demand that we shall have roofs over our heads and clothes upon our bodies; neither can be had without money or the equivalent of money. From infancy to old age one is surrounded with other people's hands out stretched for dollars and even when the end comes the dead man's purse is opened to pay for his interment.

Any person with a mathematical turn can easily calculate how nearly his own life expenses come to the averages given above.

Strike an average of the annual cost of your life till now multiply it by the number of years you are entitled by human calculations to suppose that life may last and you will be surprised at the result.

RIVALS OF THE AIR.

Two Eastern Countries Pro-
ducing Aerial Warships

France And Germany Are Com-
peting For Supremacy
Of The Skins,

France and Germany have just begun a terrific contest for the mastery of the air. Both countries are devoting their finest brains their energies and huge sums of money in the hopes of eventually obtaining that mastery in the air which Britain has hitherto held at sea.

It was France who began, it for France has always been a pioneer in the development of aerial navigation. It was a Frenchman who made the first balloon ascent that was ever made. It was a Frenchman who invented the first navigable balloon.

Then, again the French were the first to make use of balloons in war, and quite recently the French were the first by several years to have in the ill-fated La Patrie a modern airship equipped for aerial warfare. They boast that in aerial progress they are five years ahead of any other nation.

The Germans have started more than 100 years behind their rivals in the fight for aerial supremacy. But they are nobly making up for lost time, and experts are divided at the present time as to which of these two nations can claim to have the finest aerial navy in the world.

So rapidly has the process of theoretical experiment been placed by actual realization by both nations that few people have yet grasped its significance.

France has now 24 officers and 32 men engaged in airship experiments or in manning the ships she already has. She has five fine military airships already finished and six others being completed and for which "stables" are already being built at various points along the frontier.

Germany has six military airships built and six others building. She already has 12 airship stations complete mostly along the frontier, ready for their reception. She has 20 officers and 465 men engaged in the aerial branch of the army. She also has a number of specially constructed guns to bring down airships "on the wing," some of which, of a very light type, are mounted on swift-moving motor cars.

So long ago as 1905 experiments were undertaken in France with the Lebau y under war conditions. It was found that photos could be taken without trouble, and the movement of troops and the nature of fortifications easily inspected, and sent to earth. At a height of over a thousand feet aeroplanes were discharged while traveling at a rate of about 30 miles an hour.

One of the German airships, which was specially constructed about two years ago is believed to be armed with light guns as well as aerial torpedoes. This would enable it to fight any other airships it might meet, while others could only fire on them by going much higher in the sky to discharge their missiles.

The French Minister of War has just offered a big prize for the construction of aerial cruisers capable of a speed of over 30 miles an hour; while Germany announces that in the forthcoming autumn maneuvers her three finest airships, the Gros, the Pauval and the Zepplin, will take a large part.

All the military airships of both nations have accomplished successful flights in various kinds of weather of more than a hundred miles.

And so the contest goes on. In 1907 France spent \$200,000 on her aerial navy. Last year she increased her expenditure to \$470,000. Germany spent \$133,751. The rapid stride made by the latter may be gauged by the fact that two years ago she had only five officers and 150 men engaged in airship experiments.

To realize the strenuous nature of the struggle which these two nations are making for the contest of the air, it should be remembered that last year Great Britain only spent \$5,000 on aerial experiments! This year \$19,000 has been set aside for the purpose! We have one airship and one aeroplane complete, but neither of them yet proved efficient and another aeroplane of which secret trials have been made, and of which nothing is known.

Our Manly Training of Girls

Our training of girls approaches close to the idiotic, claims Katharine Eggleston in Woman's Home Companion for June. The average girl, from the minute she leaves her dolls to go to kindergarten, till she marries at

college, is told about men and men's work—never about women. The kindergarten songs and tales are about Lincoln and Washington—and even the pictures of animals show the lion and forget the fioness. In older childhood she is taught to build sand forts instead of good old-fashioned mud pies, and even the sums in arithmetic dwell on "Billy's" marbles and "John's" apple to the total neglect of his sister.

Later still she goes to high school and learns history with all its ideals of brave men—and here again the woman's share of quiet courage is completely overshadowed. She learns carpentering although she cannot cook an egg or sew a seam. And finally, her education finished, she knows all about the higher mathematics and is short-changed by the butcher. She learns political economy, but doesn't know who are the members of her own school board. Miss Eggleston's bright article concludes:

"If your boy wanted to be a lawyer, and a neighbor told you to put him to work in a carpenter's shop by way of preparation, you would think your neighbor crazy. But you do not consider yourself crazy when you train your daughter, who is to be a wife and mother (and nothing can get away from the grim statistics that women do marry, despite economic independence, the higher education and all other arguments in favor of co-education), precisely as you train your son, who will enter some profession or trade, there to first earn his own living and then to provide for a family yet unborn. The one to bear the family and to rear it, the other to provide shelter and comfort for the mother of that family, and yet both trained precisely in the same way."

Looking One's Best.

It's a woman's delight to look her best but pimples, skin eruptions, sores and boils rob life of joy. Listen! Baelen's Amica Salve cures them; makes the skin soft and velvety. It glorifies the face. Cures Pimples, Sore Eyes, Cold Sores, Cracked Lips, Chapped Hands. Try it Infalible for Piles 25 c at all druggists.

Some Plain Talk on the Social Problem.

Sentimental social-reformers lament over the "incurability of vice," which they attribute to the brutal vices of man who change every Marguerite into a wretched wanderer of the streets and the gin-caves. They would be nearer the root of the matter if they would attribute it—or at least one-half of it—to the fact that there is a vast mass of female life born into the world with a nature incapable of love for anything save gold and instinctive in it a feverish revolt against the bonds of poverty and of privacy. Marguerite flinging herself into a river after a long course of degradations in the hideous haunts of cities is a mournful and grievous sight indeed but a thing infinitely commoner, infinitely more ominous and terrible is Faustina in the full flush of her innocent youth deliberately selecting a career of license and of plunder because by it alone can she gratify her lust for dominion, her greed for wealth and all her cold and pitiless sensualities.

We have declared that the shifting of all this burden to the shoulders of men is untrue to justice; and that, even were it much truer, it would be exceedingly poisonous. We mean for this reason that the only possible floodgates against the overflow of immorality consist in the purity and the dignity of women. When ignorant young girls are told, as the social-sentimentalists tell them, that they are the deep-to-be-pitied martyrs of a temptation to which it is almost an inability in them to succumb, of course they will do so, and rely for their defense on the infamy to morality as these well-meaning en-face of the globe can be so ruinous to morality as these well-meaning enthusiasts, these dealers in pity and platitudes who invent a thousand and one cut-and-dried excuses for the frailty of the one sex by the most exaggerated fury on the wrongdoings of the other; and who hold up every creature as miserable gin-soaked double-mouthed creature as the helpless heroine of a tedious love-tale and an over-weening attachment! In their eyes the man is always a huge wolf of mature age and merciless fangs, and the woman is always an innocent lamb led unconscious to the slaughter! Unfortunately for this pretty poetry, mothers of sons know that the relations are oftentimes just exactly reversed, that the female wolf seizes with brute-rage the yearling male whom she can fleece first and then devour!—From the posthumous paper by "Quida" in June Lippincott's.

Stung for 15 Years

by indigestion's pangs—trying many doctors and \$200.00 worth of medicine in vain, B. F. Ayscue, of Ingleside, N. C., at last used Dr. King's New Life Pills, and writes they wholly cured him. They cure Constipation, Biliousness, Sick Headache, Stomach Liver, Kidney and Bowel trouble 25c at all druggists.